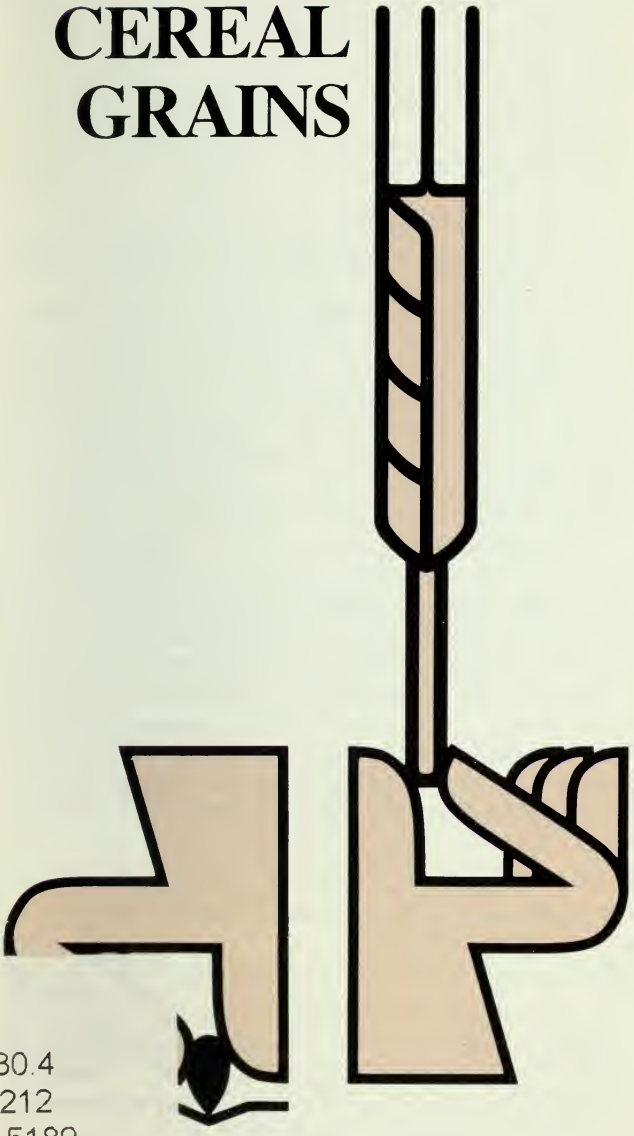
Agriculture
Canada

CEREAL GRAINS



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In every country in the world, cereals make up a large portion of the diet, as a source of energy and protein. Cereal grains remain as a staple food because they can be grown in many different climates and soils.

In Canada, wheat, oats and barley are the main cereal crops produced for human consumption and for animal feed; other cereals grown are corn, rye, buckwheat and triticale. Most of the wheat, oats, barley and rye are produced in the Prairie Provinces and nearly all of the grain corn is harvested in Eastern Canada. Buckwheat is grown mainly in Manitoba and the eastern provinces. These cereal grains are processed into various kinds of flour and meal, breakfast cereals, bakery products and pastas.

Cereals make an important contribution to the diet by furnishing protein, carbohydrate, iron, phosphorus and the B vitamins — thiamine, riboflavin and niacin. Because whole grain cereals include the entire kernel of grain they are especially valuable for these nutrients, especially the B vitamins. Cereal protein is not a complete protein but may be supplemented with milk, eggs, cheese, meat or legumes.

Canada's Food Guide recommends that we eat three to five servings of bread and cereals every day.

BUYING AND STORING

Whole grain cereals, available in quick, instant and regular forms, usually cost less per serving than ready-to-eat cereals. Cereals packed in individual servings are usually the most expensive; those that need to be cooked are usually less expensive. It is false economy to purchase larger amounts of cereals than can be conveniently stored. After packages are opened, ready-to-eat cereals lose crispness and become stale if air gets to them.

Store cereals at room temperature in airtight containers or packages to preserve freshness. Check packages regularly for insect infestation and discard any cereals affected.

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COOKING

Follow directions on the package. If there are none, or if the cereal is bought in bulk, use the following as a guide for cooking the regular type of breakfast cereals.

DIRECT HEAT METHOD Add cereal slowly to boiling salted water, in heavy pot, stirring constantly. When cereal begins to thicken, cover and cook on low heat for time indicated below. Stir occasionally during cooking. For thinner cereals, add a little more boiling water.

DOUBLE BOILER METHOD Cook as above over direct heat until cereal begins to thicken. Cover and finish cooking over boiling water for time indicated in the table (stirring not required).

	Cereal (mL)	Water (mL)	Salt (mL)	Time: Direct heat (min)	Time: Double boiler (h)	Yield (L)
Cracked wheat	250	1125	3	45	1½	3.5
Farina*	125	750	3	30	½	2.0
Oatmeal (ground oats)	250	1000 cold**	5	30	1	3.5
Mixed grain cereals***	250	750	2	20	¾	2.0
Rolled oats, regular	250	625 to 750	2	20	¾	2.5

*Cream of wheat, wheat hearts, wheatlets

**As a precaution against the lumping of oatmeal, add the cereal to cold salted water. Bring to a boil, stirring constantly. Continue cooking as directed for other cereals.

***Combination of three or more whole grain cereals such as rolled oats, flaxseed, bran, farina, rye, cornmeal, cracked wheat, corn, rice, barley.

You can substitute fruit juice or milk for part of the water in cooking cereal.

Try combining two or more cereals. Allow the time required for cereal with longest cooking period.

If desired, sweeten cereal with white or brown sugar, maple syrup or honey. Add extra flavor with a pat of butter, chopped fruits or nuts.

STUFFED SQUASH

- 6 large zucchini OR
- 3 small acorn squash
- 15 mL melted butter (for acorn squash only)
- Salt
- 125 mL chopped onion
- 125 mL chopped celery
- 75 mL butter
- 375 mL coarsely crushed cereal flakes
- 3 mL pepper
- 2 mL thyme
- 50 mL grated Parmesan cheese

Cut vegetables in half lengthwise and scoop out seeds. Brush acorn squash with melted butter. Season inside of each piece with salt. Sauté onion and celery in butter until onion is transparent. Add remaining ingredients except Parmesan cheese. Spoon about 50 mL stuffing into each zucchini half and 100 mL into each acorn squash half. Sprinkle Parmesan cheese on squash halves. Bake uncovered at 180°C until tender (30 min for zucchini and 60 min for acorn squash). 6 servings.

BARLEY MUSHROOM BAKE

- 275 mL pearl barley (about 250 g)
- 50 mL butter
- 1 package (42 g) dry onion soup mix
- 3 mL salt
- 1 mL pepper
- 1 mL savory
- 850 mL water
- 500 mL sliced mushrooms (about 250 g)

Cook barley in butter 10 min. Combine barley, soup mix, seasonings and water. Turn into greased baking dish. Cover and bake 1 h at 160°C. Stir in mushrooms. Cover and cook 1 h 15 min more. 6 servings.

TOPPING FOR CASSEROLES

- 250 mL coarsely crushed cereal flakes
- 25 mL melted butter
- 2 mL dried herbs* OR 5 mL grated Canadian cheese (Parmesan or cheddar)

Combine all ingredients. About 10 min before end of baking, sprinkle topping over casserole and bake until browned. Makes enough topping for a 1.5 to 3 L casserole.

*Poultry seasoning for poultry and fish casseroles: tarragon, savory, basil, marjoram, oregano or parsley for meat and vegetable casseroles.

BUCKWHEAT PANCAKES

250 mL buckwheat flour
250 mL all-purpose flour
25 mL sugar
20 mL baking powder
5 mL salt
2 eggs
375 mL milk
50 mL oil

Mix together dry ingredients. Combine eggs, milk and oil. Add to dry ingredients and mix quickly until just combined. For each pancake, spread 50 mL of batter evenly on well-greased hot frypan. Cook until bubbles form on surface (2 to 3 min). Turn and brown other side (2 to 3 min more). 6 servings.

APRICOT OATMEAL SQUARES

Filling

175 mL water
125 mL brown sugar
300 mL chopped dried apricots

Bring water and brown sugar to boil. Add apricots and cook 10 min, stirring constantly. Remove from heat. Cool.

Base and topping

175 mL all-purpose flour
325 mL rolled oats
175 mL brown sugar
150 mL butter

Combine all ingredients except butter. Cut in butter until mixture resembles coarse bread crumbs. Lightly press half mixture in greased 2 L cake pan (20 cm square). Spread filling over base. Cover with remaining rolled oat mixture. Bake at 180°C until lightly browned (25 min). Makes 16 (5 cm) squares.

RYE PASTRY (for 1 crust pie)

300 mL medium rye flour
15 mL sugar
2 mL baking powder
2 mL salt
75 mL shortening
45 to 60 mL ice water

Combine dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Sprinkle water, a little at a time over flour mixture, mixing lightly with a fork. Shape dough into firm ball. Roll out on lightly floured board. Place loosely in 23 cm pie plate. Prick sides and bottom of pastry with fork. Bake at 220°C until lightly browned (10 to 12 min). Makes one 23 cm pie crust.

WHOLE WHEAT MUFFINS WITH WHEAT GERM

250 mL all-purpose flour
25 mL baking powder
2 mL salt
125 mL brown sugar
250 mL whole wheat flour
125 mL wheat germ
1 beaten egg
300 mL milk
50 mL melted butter

Sift first four ingredients. Stir in whole wheat flour and wheat germ. Combine egg, milk and butter. Add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C until browned (20 to 25 minutes). Makes 12 medium muffins.

Use bran to line pans for quick breads and muffins.

GOLDILOCKS CASSEROLE

250 mL finely chopped onion
25 mL butter
750 mL cooked Red River cereal, oatmeal or cream of wheat
1 mL thyme
Dash cayenne pepper
6 slices cooked bacon, crumbled
3 slightly beaten eggs
375 mL (150 g) grated old yellow cheddar cheese

Sauté onion in butter until transparent. Combine cooked cereal with remaining ingredients; mix well. Pour into 6 individual greased baking dishes. Bake 30 min at 180°C. Let stand 10 min. 6 servings.

FRUIT CRISP (WITH CEREAL TOPPING)

1 L sliced fresh fruit (peaches, plums, pears, apples)
75 mL sugar
25 mL cornstarch
75 mL butter
30 mL flour
125 mL brown sugar
750 mL corn flakes

Combine fruit. Mix together sugar and cornstarch. Sprinkle over fruit and turn into baking dish. Melt butter. Combine brown sugar and flour, add to butter. Cook, stirring constantly over low heat 3 min. Add corn flakes, mixing quickly until coated with brown sugar mixture. Bake at 180°C until lightly browned (about 30 min). 6 servings.

CANNED FRUIT CRISP Use two 540 mL cans fruit. Drain fruit, reserving syrup. Combine cornstarch, 15 mL lemon juice and 50 mL syrup in place of 75 mL sugar and stir into fruit. Continue as fruit crisp.

WHOLE WHEAT BREAD AND ROLLS

- 5 mL sugar
- 125 mL lukewarm water
- 1 package active dry yeast
- 400 mL hot milk
- 50 mL molasses
- 15 mL salt
- 50 mL shortening
- 1250 to 1400 mL whole wheat flour
- Melted butter or margarine

Dissolve sugar in water and sprinkle yeast over top. Let stand 10 min. Combine next 4 ingredients and stir until shortening melts. Cool to lukewarm and stir in yeast mixture. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8-10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, divide in half, cover and let rest 10 min. Shape into 2 loaves and place in greased 2 L loaf pans (23 × 13 × 7 cm); or shape into rolls and place in greased baking pans for pan rolls or greased large muffin tins for individual rolls. Brush with melted butter or margarine. Cover and let rise in warm place until double in bulk (about 2 h). Bake loaves 25 to 30 min, pan rolls 20 to 25 min and individual rolls 15 to 20 min at 190°C. Makes 2 loaves or 24 rolls.

GRAHAM BREAD Make as whole wheat bread but use graham flour in place of whole wheat flour

WHOLE WHEAT BREAD WITH WHEAT GERM Make as whole wheat bread but reduce whole wheat flour to 750 mL. Gradually beat in whole wheat flour. Work in 250 mL unsweetened wheat germ, then 400 mL all-purpose flour to make soft dough. Continue as for whole wheat bread.

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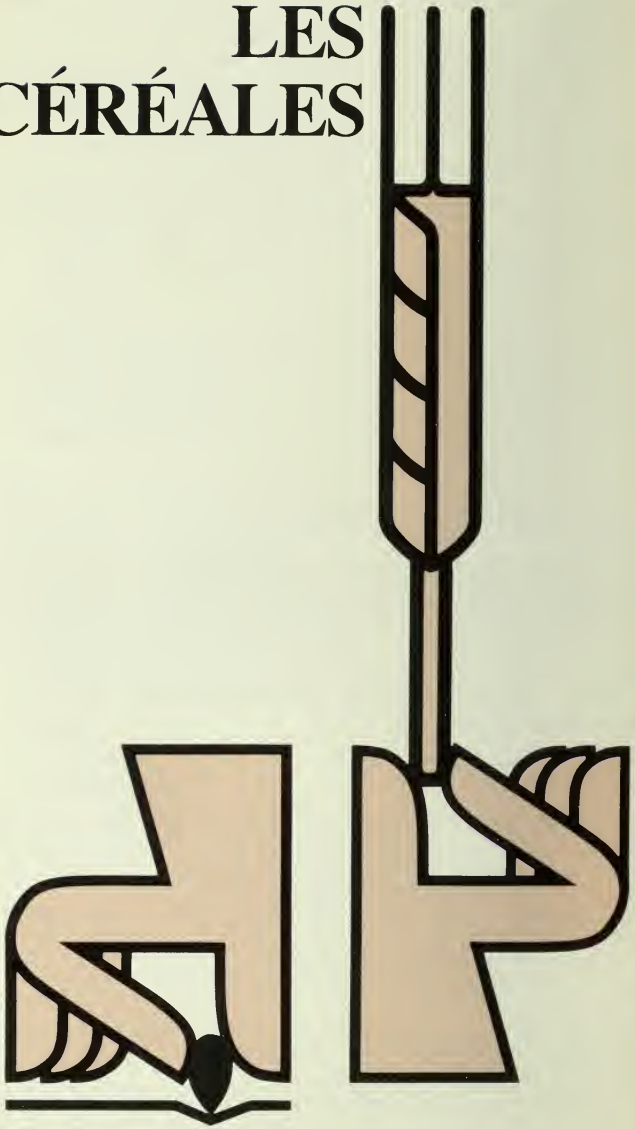
LES CÉRÉALES



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